



**CHARACTER
ACADEMY**

SESSION OVERVIEW AND LEARNING OBJECTIVES

*Sessions facilitated by Character Academy
faculty and YF facilitators*

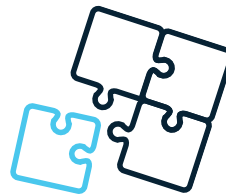
① STRENGTH-BASED LEADERSHIP



Participants will meet their cohort, Youth Frontiers facilitators and get grounded in the purpose of Character Academy: to prepare you for the road ahead. Later that day, participants will work with a CliftonStrengths Coach to

discuss the 34 strengths and how those strengths can help to meet goals and define leadership style. During this session, participants will also learn how individual strengths interact with the strengths of others to form successful teams.

② ADAPTABILITY



As people, we need to be willing to embrace change, not resist it. In this upbeat, on-your-feet workshop, participants will practice the Four Principles of

Improvisation, which will build their adaptability muscle. After the workshop, individuals can use these principles to engage their teammates and say “Yes And” to what happens in the classroom, workplace or team environment.

③ SUMMONING CONFIDENCE



Confidence can be difficult to find. During this session, participants will learn tools to combat nerves and summon a sense of power. Through the exploration of public speaking,

participants will learn skills that can be carried into the workplace, the interview process, the classroom and beyond.

④ FINAL RETREAT EXPERIENCE



A full-day retreat with Youth Frontiers Founder and CEO Joe Cavanaugh featuring reflections on wisdom and leadership. Topics explored

will include navigating relationships, remaining grounded during difficult times, leaning into conversation, and leading with character. This is the culmination of Character Academy.